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CLAIMS:

1. An exercise apparatus which, when the apparatus is assembled, allows an individual using said apparatus to apply a force against a part of the apparatus that remains static during the application of said force, characterised in that the apparatus comprises a series of elongate sections, said sections being releasably connectable to one another by way of connecting joints which allow for the sections to be connected to one another and to be positioned in various orientations relative to one another as required by the individual using the apparatus, so allowing said individual to perform exercises as required.
2. Apparatus according to claim 1, wherein said releasable means involves screw mechanisms or quick release catches associated with said joints.
3. Apparatus according to claim 1 or claim 2 wherein said elongate sections are joined end to end via a removable insert.
4. Apparatus according to any preceding claim, wherein said elongate sections are releasably fastened to one another.
5. Apparatus according to claim 1, comprising an upright section, supported by a base section wherein the upright is releasably secured to at least one arm section extending substantially at right angles to the axis of the upright, said arm, when secured in position, providing a surface against which an individual using the apparatus can push.
6. Apparatus according to claim 5, wherein said upright is supported by a joint, allowing for rotation of the upright about its vertical axis.

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7. Apparatus according to claim 1, wherein at least one section of the apparatus can be orientated relative to a first section such that a new exercise can be carried out as defined by the new relative positioning of the elongate sections by a collar fastening means.
8. Apparatus according to claim 7, wherein said collar fastening means is arranged and configured to slide over an elongate section, said collar including locking means to removably retain the collar portion at a desired position on said elongate section.
9. Apparatus according to claim 8, wherein said locking means comprises at least one grub screw.
10. Apparatus according to claim 8, wherein said locking means comprises at least one connecting pin, said pin locatable within apertures on said elongate section.
11. Apparatus according to claim 10, wherein said connecting pins are movable against a resilient biasing means.
12. Apparatus according to claim 1, wherein an elongate section of the apparatus comprises at least two telescoping parts.
13. Apparatus according to any preceding claim wherein said connecting joints comprise at least one disc, arranged and configured to be removably attached adjacent the longitudinal length of the elongate section, said disc containing a plurality of apertures such that a second elongate section may be removably connected to the disc.
14. Apparatus according to any preceding claim supported on a supporting stand.
15. Apparatus according to any of claims 1 to 13, comprising means to secure said apparatus to a supporting structure.

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16. Apparatus according to any preceding claim, comprising a disc rotationally mounted on said elongate section enabling a rotational exercise to be performed.
17. Apparatus according to claim 16, wherein electricity is passed through the disc, and opposing permanent magnets are mounted adjacent opposing faces of the disc causing resistance to rotation.
18. Apparatus according to any preceding claim, comprising a strain gauge incorporated within said apparatus to monitor the effort that a person is exerting against a proportion of the apparatus.
19. Apparatus as hereinbefore described with reference to the accompanying drawings.